



Health and lifestyle

How is your health in general?

- ☐ Very good
 - ☐ Good
 - ☐ Fair
 - ☐ Bad
 - ☐ Very bad
-

Have you ever been told by a doctor that you have asthma?

- ☐ Yes
 - ☐ No
-

Have you ever been told by a doctor that you have a heart or lung disease?

- ☐ Yes
 - ☐ No
-

Do you ever smoke cigarettes?

- ☐ Yes
 - ☐ No
-

How many portions of fruit and vegetables do you usually eat a day?

Please do **not** count potatoes or grains.

Please **do** count pure juices, tinned, frozen and dried fruit and vegetables, and fruit and vegetables found in other foods.

- ☐ Fewer than 1 a day
 - ☐ 1 – 2 a day
 - ☐ 3 – 4 a day
 - ☐ 5 a day or more
-

And how often do you usually eat fish or shellfish?

Every day

- ☐ Several times a week
- ☐ Once a week
- ☐ Several times a month
- ☐ Once a month
- ☐ Less than once a month
- ☐ Never

How much sleep did you get in the **past 24 hours**, to the nearest half hour?

Please select...

How much sleep do you estimate that you **typically** get, per day?

Please select...

[+ add a comment](#)

[« Previous](#)

[Next page »](#)